

## INSTRUCTIONS FOR REGROWING VEGETABLES

### MATERIALS

1. Cutting board
2. A sharp knife
3. Cups (to grow the vegetables in)
4. Potting soil and a pot (currently YDL isn't supplying either of these, but you can regrow all of the kinds of vegetables except ginger in just water for a few weeks until they'll start to die because they don't have enough nutrients)
5. Toothpicks
6. Vegetables
  - a. Green onions
  - b. Garlic cloves
  - c. Onions
  - d. A head of lettuce
  - e. A stalk of celery (a bunch connected by a central heart)
  - f. Ginger
  - g. Carrots

### INSTRUCTIONS

1. Gather all necessary materials
2. Green onions -- these are the easiest and quickest to regrow, they also regrow the whole green top of the plant
  - a. Make a cut about two inches above the base of the plant, where the roots are
  - b. Place the bottom section of the green onions (the part with the roots) in a cup so they are standing upright, root part down
  - c. Fill the cup with enough water so that it just covers the roots
  - d. Place the cup by a window (so it can get sunlight)
  - e. Change the water every 2-3 days
  - f. The green onion will fully regrow it's stem which can be eaten, this process can continue a few times (cutting the top off and regrowing it) using the same green onion
  - g. You can eat the whole top section of the green onion
3. Garlic cloves
  - a. Poke toothpicks into three side of a clove of garlic
  - b. Place the garlic clove into a cup so that the toothpicks are resting on the side of the glass, holding the garlic clove up, the flat end of the garlic clove pointing down and the pointy end up
  - c. Fill the glass with water so that the bottom end is just submerged
  - d. Place the glass by a window (so it can get sunlight)
  - e. Change the water every 2-3 days
  - f. The garlic clove should ideally be moved to a pot with soil after about a week or so, but it will continue to grow for a couple weeks if it is not transplanted

- g. If the garlic clove is transplanted into soil it can grow into a whole new head (this process takes several months), but if you don't want to wait that long the garlic will grow a long stem after a couple weeks, this stem is edible and can be eaten like green onions!
4. Lettuce - romaine lettuce is the easiest kind of lettuce to regrow
    - a. Cut the end off of a head of lettuce about two inches from the base of the lettuce head
    - b. Place the end of the lettuce in a cup, flat end down
    - c. Fill the cup with water so that the water just covers the flat end of the lettuce
    - d. Place near a window (so it can get sunlight)
    - e. Change the water every 2-3 days
    - f. The end of lettuce will regrow new leaves that can be eaten. Ideally, transplant to a pot after the lettuce end starts to grow roots. If the end is not transplanted make sure you harvest the leaves before they start to die or get bitter
  5. Celery
    - a. Cut the base off of a bunch of celery about two inches from the bottom of the stalk
    - b. Place the celery end in a glass with the flat root part facing down
    - c. Fill the glass with enough water to cover the base of the celery stalk
    - d. Put the glass near a window (so it can get sunlight)
    - e. Change the water in the glass every 2-3 days
    - f. The celery should be ideally be transferred to soil after roots start to appear
  6. Onions
    - a. Cut the bottom section, or the part with the roots, off an inch up from the end of the onion
    - b. Fill a small pot (or you can cut a pop can so that it functions as a small pot--make sure to poke holes in the bottom of the pop can) with potting soil
    - c. Place the onion end in the pot by creating a small hole in the soil
    - d. Smooth the dirt around the onion end
    - e. Water the onion (don't use too much water or you will drown it!)
    - f. Place the pot by a window (so it can get sunlight)
    - g. Water the onion end 2-3 times a week, or when the soil gets dry (you will kill the plant if you give it too much water)
  7. Ginger (this is very difficult to regrow)
    - a. Fill a pot with potting soil
    - b. Find a small chunk of ginger or you can break a big piece of ginger into smaller chunks
    - c. Dig a shallow hole in the soil that you can place the piece of ginger in and cover it with a thin layer of dirt
    - d. Water the ginger (making sure you don't drown it)
    - e. Put the ginger in a place in it can indirect sunlight (should be near a window but not a place it will get direct sun rays)
    - f. Water the ginger a few times a week or whenever the soil get dry
  8. Carrot (only regrows the carrot greens)
    - a. Cut the carrot  $\frac{1}{2}$  an inch to an inch from the end of the carrot (the fat end)

- b. Place the carrot end in a cup or flat dish with the side you just cut facing down
- c. Fill the dish with a small amount of water, enough to just cover the base of the carrot
- d. Place the dish by a window (so it can get sunlight)
- e. The carrot top will only regrow it's greens, but these are edible and can be added to things like salads

Things to keep in mind: the plants will die if they don't get enough water and they will also die if they get too much. Plants' roots spread out as they grow so if your plant is in a small container it may end up dying because its roots don't have enough space to stretch out. Plants will also die if they aren't getting enough nutrients; this will eventually happen if you don't transfer the plants to soil. Make sure you also keep in mind that not every vegetable will regrow, this may be due to factors outside of your control.

It's not easy to regrow plants. It is best to try to regrow a few vegetables even if they're all the same kind (ex. multiple green onions).